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BILL THOMPSON CONCEDES TO BILL DE BLASIO IN MAYORAL RACE.

PAGE 02



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'YET ANOTHER MASS SHOOTING'



Thirteen dead, a dozen wounded. Officials said it is unknown why deceased suspect and Queens native Aaron Alexis, 34, opened fire at the U.S. Navy Yard in Washington, D.C., yesterday. **Gun control.** In a brief statement, President Obama says he will do everything he can to prevent more gun violence.

PAGE 08



Lhota wants a rigorous debate on 'Two Cities'

PAGE 02

Drink up to these cities' epic Oktoberfests

PAGE 20



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NEWS



Top 3 What's trending at Metro.us

1 'Moscow/Russia football team offers Tim Tebow \$1 million to play'

2 'VIDEO: Little girl tries to extort her dad for My Little Pony toy'

3 'VIDEO: College student catches fish with his hair'

Quoted

"I'm thinking about the future of this city. At this point, putting someone in City Hall who holds the same values I have, I believe is important."

Bill Thompson



Bill de Blasio and Bill Thompson put aside their political differences yesterday. / BESS ADLER, METRO

Jackpot



Revel / METRO ARCHIVES

NY couple sues over slots promotion

A New York couple claims Revel Casino-Hotel's summer slots promotion, which promised money back for any loss over \$100, was misleading.

Nicholas and Margaret Peragine, of Long Island, sued in federal court in Newark, Essex County, last week, according to reports. They claim the promotion was misleading when it claimed gamers who lost more than \$100 playing slots at Revel in July would get their money back.

The casino actually gave players 5 percent of their total losses in slot dollars, with no cash value, the lawsuit states.

The Peragines claim the Atlantic City casino's ads did not mention restrictions.

SEAN MCCULLEN

In Brooklyn

Baby girl found dead in Bed-Stuy

A 2-month-old baby girl was found dead in Brooklyn early Monday morning, police reported.

Police responded to a 911 call at 12:34 a.m. When they arrived at 324 Bainbridge St. in Bedford-Stuyvesant, they discovered the infant not breathing.

Emergency medical personnel transported the baby to Interfaith Hospital, where she was pronounced dead on arrival. The investigation is ongoing.

DANIELLE TCHOLAKIAN

Citing party unity, Thompson concedes

Joining forces. Bill Thompson dropped out of the mayor's race and endorsed Bill de Blasio.

sense of urgency to do so as well.

"There is nothing more beautiful than Democratic unity," de Blasio declared as he accepted Thompson's concession and endorsement.

Governor Andrew Cuomo also praised Thompson for stepping back in the interest of party unity. Cuomo noted it is "often more difficult to step back than to step forward," and applauded Thompson for putting aside ambition in the interest of re-taking City Hall for the Democratic Party.

As the Republican party coalesces behind Joe Lhota, with John Catsimatidis this weekend rescinding his bid to run on a third party line, it appeared New York City Democrats are feeling a

Unified party

"I believe the best days for New York City are ahead, and today we take the first step."

Governor Andrew Cuomo

bowed to party unity, granting "the best way to return fairness and decency, justice and dignity, hope and equality to every neighborhood in New York is to return a progressive to City Hall."

"Is it a difficult decision? Sure," Thompson said of stepping down. "But it's the right decision."

But Thompson's ire at the Board of Elections was not diminished,

which seemed to play a role in his decision as well.

He pointedly and repeatedly condemned the BOE for the delay in counting ballots, which he said made it "impossible to even campaign, let alone offer a meaningful choice to Democratic voters" in a potential runoff.

Election 2013. Lhota ready for 'rigorous debate' with de Blasio

After Bill Thompson conceded Monday, Republican nominee Joe Lhota said he was looking forward to a "rigorous debate" with Public Advocate Bill de Blasio, the Democratic nominee.

"It's going to be a great campaign for all New Yorkers, you're

going to see different points of view, very divergent, different points of view, about the direction that the city wants to go in," Lhota said.

Still, he noted that de Blasio's campaign platform, declaring a "Tale of Two Cities," was divisive.

ANNA SANDERS



Joe Lhota said de Blasio's vision for the city was "radical." / GETTY IMAGES

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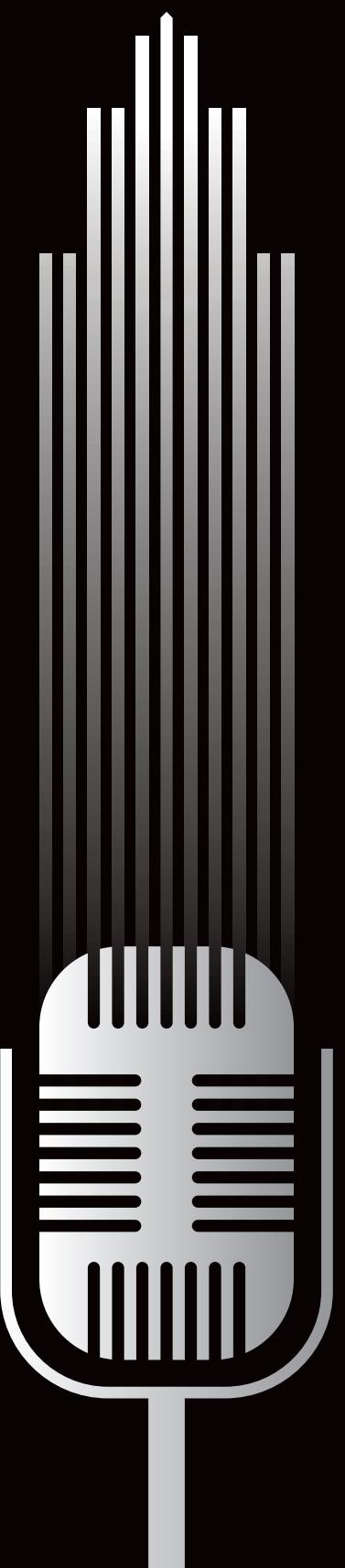
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Bloomberg reacts to shooting: 'There are too many guns'

Repeat. Mayor Bloomberg railed against gun violence in the country after news of the D.C. massacre.

New York City Mayor Michael Bloomberg spoke about the devastating effects of gun violence as details on the Washington Navy Yard shooting emerged at an unrelated press conference in Harlem on Monday.

In his comments, Bloomberg made a point of saying that details on the shooting, which has claimed at least 13 lives, are still scarce.

Bloomberg, a vocal anti-gun violence advocate, noted with some exasperation that some 12,000 Americans will be killed by guns this year, according to estimates.

"That is just carnage," Bloomberg said.

He said that the deaths from gun violence have started to "dwarf" tolls from major events, such as the two World Wars.

"It just continues to go on," he said.

Same old song

**"But what is clear:
There are just too
many guns around.
And it just happens
again and again and
again."**

Mayor Michael Bloomberg



Mayor Michael Bloomberg said that incidents like the Washington, D.C., shooting are becoming all too common. / GETTY IMAGES

After the shooting in Washington, D.C., security was increased in the city, Bloomberg said, as it usually happens during such events.

"Sometimes I'm not even sure that's possible, 'cause we work as hard as we can every day to keep the security as high a level [as possible]," he said.

Mayor Bloomberg also refused several times to elaborate on his recent comment labeling Public Advocate Bill de Blasio's mayoral campaign "racist."

"Look, I'm going to stay out of this race," Bloomberg responded when asked about the comment, published in a

New York Magazine interview nine days ago.

"As you know, I said I'm not going to endorse anybody. You'll have to talk to the pundits," Bloomberg told reporters.

ANNA
SANDERS
anna.sanders@metro.us

In Brooklyn

Mustang slams into pole, 19-year-old driver killed

A 19-year-old drove a 2006 Ford Mustang into a light pole in Brooklyn on Sunday.

Police responded to a 911 call around 12:39 p.m. They arrived at the intersection of Linden Boulevard and Christopher Street to discover that two vehicles had collided.

Cops said a preliminary investigation

shows that the Mustang was driving eastbound on Linden Boulevard when it struck the median, a light pole and the second vehicle, a 2006 Toyota that was also traveling eastbound on Linden Boulevard.

The driver of the Mustang was taken to Brookdale Hospital and pronounced dead on arrival.

Police said the driver and passenger in the second car were not injured.

DANIELLE TCHOLAKIAN

Bronx. Cops identify suspect in stabbing

Police are searching for a man in connection with the stabbing of a 27-year-old man earlier this month.

The suspect, who has been identified by police as 29-year-old Babacar Jeng, allegedly stabbed the victim in the neck outside 998 Southern Blvd. in Foxhurst on Sept. 6.

The victim was treated and released from Lincoln Hospital.

Anyone with infor-



mation regarding this incident is asked to call Crime Stoppers at 1-800-577-TIPS (8477). LAURA SHIN



A photograph of two news anchors, Dick Brennan and Alice Gainer, sitting at a desk in a television studio. They are both smiling and holding papers. The background shows a city skyline at night.

DICK BRENNAN ALICE GAINER

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Gun violence

Man, 18, shot and wounded in the Bronx

Police are searching for the gunman who shot and wounded an 18-year-old man in the Bronx on Friday afternoon.

The male suspect reportedly fired shots in front of 850 E. 165th



The suspect / NYPD

Street near Prospect Avenue just before 2:30 p.m., striking the victim twice before fleeing, police said. The victim was transported to Lincoln Hospital where he is listed in stable condition.

Police have released surveillance photos of the suspect that they are looking for.

Anyone with infor-

mation regarding this incident is asked to call Crime Stoppers at 1-800-577-TIPS (8477). The public can also submit tips by logging onto the Crime Stoppers website at www.nypdcrimestoppers.com or by texting their tips to 274637 (CRIMES) then enter TIP577. All calls are confidential.

Laura Shin

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Nina Davuluri is being crowned in the competition. / GETTY IMAGES

Miss NY is first Indian-American to win contest

Here she is. The Miss America winner is the first Indian-American to carry the title.

revelations that American television personality Julie Chen had plastic surgery on her eyes. Davuluri answered that she personally was opposed to plastic surgery and said that one's diversity should be celebrated.

As the winner, Davuluri will receive a \$50,000 scholarship. She said she would use the money to pay for graduate school.

Last year's winner, Mallory Hagan from New York, crowned her successor. Several contestants made headlines during preliminary competitions. Miss Iowa, Nicole Kelly, was born without her left forearm and said the competition helped her

promote a platform of overcoming disabilities.

Return to Atlantic City

The beauty pageant returned to Atlantic City, N.J., after an eight-year stretch in Las Vegas.

timed it would bring in \$30 million in business.

- After the pageant, Davuluri volunteered to help clean the Seaside Park boardwalk, destroyed in a fire last week.



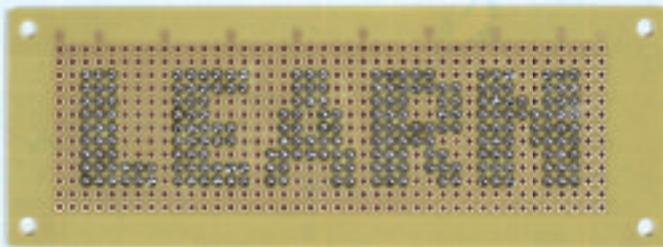
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Shooting

Suspected DC gunman Aaron Alexis grew up in NYC: Report

The suspected D.C. gunman who was reportedly killed in a firefight with police after fatally shooting about a dozen people at a Washington, D.C., Navy Yard was a New York City native.



Aaron Alexis / FBI

According to public records, he was still registered to vote in Queens, though the last time he voted was 13 years ago in 2000.

By yesterday afternoon, police said his mother, Cathleen Alexis, was being questioned in her home in Bed-Stuy by the FBI and NYPD. His brother-in-law Anthony Little, standing in front

of the family home yesterday afternoon to address the public, said the family is "distraught" about about the shooting. Little's wife, Naomi Alexis, is Aaron's sister.

His father said he was currently "in school and working at a job" at a private company in a "computer-related" position.

DANIELLE TCHOLAKIAN

Navy Yard shooting leaves 13 dead in D.C.



Police tactical units respond to the shooting. / GETTY IMAGES

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Military. Personnel are generally banned from carrying weapons on military installations.

A 34-year-old man opened fire at the U.S. Navy Yard yesterday in a shooting that left 13 people dead, including the gunman, not far from the U.S. Capitol and the White House, officials said.

The suspect was identified by the FBI as Aaron Alexis of Fort Worth, Texas. Washington, D.C., police chief Cathy Lanier told reporters that Alexis "was engaged in shooting with police officers" when he died.

Washington, D.C., Mayor Vincent Gray said 13 people were killed and a dozen or more injured at the Naval Sea Systems Command, one of five such commands where civilians, military personnel and contractors build and maintain Navy ships and submarines. About 3,000 people work there. REUTERS

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Alex Sanchez, Boston, Category: Sight

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Non-compliance

Western powers say Syria must face consequences

France, Britain and the United States called yesterday for a swift U.N. resolution committing Syria to remove its chemical weapons, but Russia introduced a note of caution about imposing strong con-

sequences if President Bashar al-Assad failed to comply.

U.S. Secretary of State John Kerry reaffirmed that an accord reached at the weekend with Russian counterpart Sergei Lavrov targeted a U.N. resolution referring to sanctions for non-compliance, including a new Security Council resolution.

REUTERS

Syria attack

UN chemical experts confirm sarin gas used

U.N. chemical investigators yesterday confirmed the use of sarin gas in an Aug. 21 poison gas attack in the suburbs of Damascus.

As expected, the report does not say who launched the attack in the rebel-held Damascus suburb of Ghouta.

"On the basis of the evidence obtained during the investigation of the Ghouta incident, the conclusion is that chemical weapons have been used in the ongoing conflict between the parties in the Syrian Arab Republic, also against civilians, including children, on a relatively large scale," said the report by chief U.N. investigator Ake Sellstrom of Sweden.

REUTERS

Study: Exercise, diet habits improving among youth

The researchers found "encouraging" trends on measures of most diet and lifestyle habits. / GETTY IMAGES

Tube. The average number of hours students spent watching TV each day fell from 3.1 to 2.4.

Over the last decade, U.S. kids and teenagers have started getting slightly more exercise and reduced their television watching, a new study suggests.

Using surveys conducted in middle and high schools, researchers also found increases in the number of days youth reported having breakfast each week and in how often they ate fruits and vegetables. Those trends have corresponded to a leveling off in obesity rates, but not a decline, the study showed.

"I would like to believe that all the public health efforts focusing on

increasing physical activity and increasing fruit and vegetable consumption are having an effect, because that seems to be a pattern," Ronald Iannotti, the lead author on the study from the University of Massachusetts Boston, said.

"The fact that [obesity] is leveling off, that's a surprise and a major change from the steady increase that we've seen over time," Iannotti, who worked on the study while at the Eunice Kennedy Shriver National Institute of Child Health and Human Development in Bethesda, Md., said. "This is great news."

REUTERS

Survey

15K

Each survey period included responses from between 9,000 and 15,000 adolescents.

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Disruptive 9/11 suspect ejected from Gitmo courtroom

Outburst. "You cannot make me stop talking," he yelled at the judge.

An accused conspirator in the 9/11 attacks was hustled out of the Guantanamo war crimes courtroom yesterday when he refused to stop shouting during a chaotic hearing that was cut short because one of the lawyers was ill.

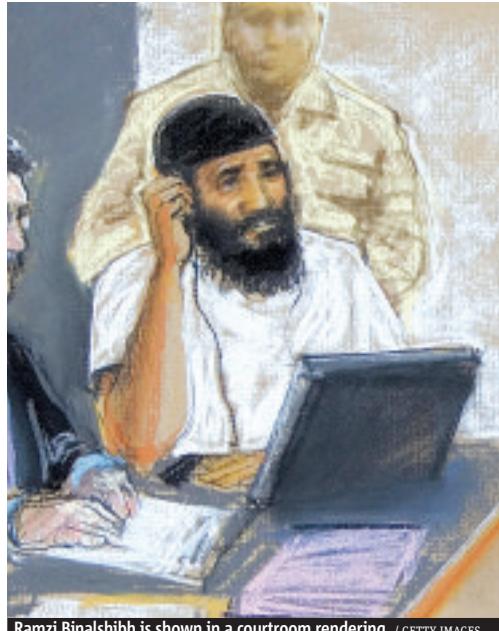
"I have the right to talk!" Yemeni defendant Ramzi Binalshibh yelled in English.

After he ignored repeated warnings to be quiet, the judge ejected Binalshibh for disruptive conduct and guards in camouflage uniforms escorted him out of the courtroom at the Guantanamo Bay U.S. Naval Base in Cuba.

The judge, Army Colonel James Pohl, was questioning the five defendants about whether they understood their right to be present in court in order to assist in their defense.

Binalshibh and the alleged mastermind of the hijacked planes plot, Khalid Sheikh Mohammed, responded with complaints about restrictions imposed during their meetings with lawyers.

The judge said he would



Ramzi Binalshibh is shown in a courtroom rendering. / GETTY IMAGES

Slow start

20

Court was recessed about 20 minutes after it started so ailing defense lawyer Cheryl Bormann could go to the hospital emergency room.

deal with that issue later. Mohammed eventually relented but Binalshibh persisted, complaining loudly of sleep deprivation, among other things.

"Remove him now," the judge ordered after several warnings. The exchange continued as three guards led Binalshibh away out of microphone range but the judge appeared to have the last word: "Yes, I can."

Cheryl Bormann, who represents Yemeni defendant Walid bin Attash, was hoarse and barely able to speak. Her doctor ordered bed rest and court was adjourned until 9 a.m. tomorrow. **REUTERS**

Strategy

Al Qaeda leader urges restraint in first 'guidelines for jihad'

Al Qaeda leader Ayman al-Zawahri has issued his first specific guidelines for jihad, urging restraint in attacking other Muslim sects and non-Muslims and in starting conflicts in countries where jihadis might find a safe base to promote their ideas.

The document, published by the SITE monitoring service, provides a rare look at al Qaeda's strategy 12 years after the 9/11 attacks on the United States and

the nature of its global ambitions from North Africa to the Caucasus to Kashmir.

While al Qaeda's military aim remained to weaken the United States and Israel, Zawahri stressed the importance of "dawa," or missionary work, to spread its ideas. Those comments are

particularly relevant for North Africa, where many analysts believe al Qaeda is using the less restrictive environment which followed the 2011 Arab uprisings to seek new followers, often through local alliances, while avoiding drawing attention to itself by eschewing attacks. **REUTERS**

Quoted

"As far as targeting the proxies of America is concerned, it differs from place to place. The basic principle is to avoid entering into any conflict with them, except in the countries where confronting them becomes inevitable."

Zawahri

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1 2 3 A C E N R

Has Miley been planning this craziness all along?

Miley Cyrus is on the cover of the new Harper's Bazaar, looking demure — but then again, maybe she looks good because we're not used to seeing her actually wearing clothing.

The article doesn't mention The Twerk Heard Around the World™ but she does coyly mention trying to become omnipresent. And, as we all know, it's working.

"It's been a year since I started trying to take over the world," the actress told the mag. And who do we have to thank for this new Miley? Pharrell Williams, whom she calls her "rock." His philosophy is that it's not what you're wearing, it's the way you wear it. It's not about the music you're making, it's how you're making it."

And in a rare display of maturity, Cyrus opens up about why she acts the way she does. "I was



Miley Cyrus in actual clothing. It's a good look for her, right?
PROVIDED

an adult when I was supposed to be a kid. So now I'm an adult and I'm acting like a kid." Super deep, Miley. Maybe there is a method to your madness after all?

1



Britney Spears heads to Vegas for a huge payday

Britney Spears has signed a two-year contract with Planet Hollywood Las Vegas to be the headliner of a "cool, hip, club-like show," per producers. Her payout is a cool \$310,000 per show, with the starlet performing 48 shows a year.

The final payout will be around

\$15 million a year, per TMZ.com. In May, Spears talked to Shape about how she is training for the gig. "I'm doing 90 minutes of yoga twice a week in addition to a lot of cardio — hour-long sessions three times a week with my trainer, Tony Martinez," she said. "The [Vegas] performances won't be simple — they'll be a massive party from start to finish. And to pull this off, I have to be in top condition and running at full speed."

Jaden Smith on education reform

Jaden Smith took to Twitter for a series of pontifications about youth and society. "School is the tool to brainwash the youth," he wrote. "If everybody in the world dropped out of school we would have a much more

intelligent society." I'm just going to throw it out there — that isn't really true.

The 15-year-old has been home-schooled since earlier this year, when the New Village Leadership Academy —

founded by his parents with an allegedly Scientology-influenced curriculum — was shut down.

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KAITLIN OLSON

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IT'S ALWAYS FUNNY ON FXX

When "It's Always Sunny in Philadelphia" premiered on FX in 2005, it was a sitcom the likes of which basic cable had never seen. Crude, irreverent to the point of insanity and unapologetically, delightfully offensive, it didn't seem destined for mainstream fame or long-term success. Now in its ninth season (on the new FXX), it's still going strong. Kaitlin Olson, who plays Dee Reynolds, opens up about the show's unexpected longevity.

What was your initial reaction when you first read Dee's character?

You know, I first read scripts and it was amazing. But the characters I was in love with were the male characters. So when they first offered [Dee] to me I said, "Listen: I definitely love this show, I love the writing, I love these characters that you've developed — except for the girl character." And Rob [McElhenney] said, "We absolutely want everyone to be interesting and unique and have their own very specific character, but still be funny." I'm glad that I trusted him, and that he wasn't lying. [Laughs]

All of the characters are despicable but lovable at the same time.

I don't know why they're lovable! I think it's because they're so ridiculous and so positive of their convictions — which are ridiculous. And I think I've just decided that underneath it all, Dee is just sort

Bonus question

Were you grossed out when Rob gained all that weight for season eight?

I thought it was hilarious. I think he misses it. I think he'd love to do it again. He felt really funny. The hardest part was that there ...

of incredibly insecure, and there's something a little vulnerable in that, which is disarming. I think maybe that's why you don't hate her. She's just trying to scratch her way to the top of this little group.

I think maybe it's because you recognize bad parts of yourself in them, but they're so unapologetic that you almost respect it. That's really interesting, because that also kind of describes Rob's personality, and one of the things I love about him [Ed. note: The two are married in real life]. Rob doesn't apologize for anything. And I think that's definitely written into our show. It's unapologetic, and it's stuff you'd never say, but maybe things that you're thinking. Specifically, the first time we did "Lethal Weapon 5" — the whole conversation about the blackface? I mean, I was just watching it from the monitors, but I was crying. It was so funny to me because they were having a really open, honest discussion about why certain blackface was appropriate.

Was everyone shocked when you and Rob got together?

They were very surprised. Because it's such a stupid idea. Really, it's the dumbest thing we could have done. We were like, "We can't do this. This is so dumb. We've got this great thing going. We just got a second season. Why are we trying to ruin it?"

Want more?

Read the long form of this interview online at www.metro.us/entertainment. And catch "It's Always Sunny" Wednesdays at 10 p.m. on FXX.



ALEXANDRA CAVALLO
alexandra.cavollo@metro.us



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Tuesday, September 17, 2013

14

Call it a comeback

Interview. Isaiah Washington returns to movies with the acclaimed docudrama "Blue Caprice."

Isaiah Washington talks a lot. A single, innocent query will prompt an epic response, veering from one subject to the next, answering 10 questions in one fell swoop. He compares a day doing interviews for his latest film, "Blue Caprice" — a film about the 2002 Beltway sniper attacks — to therapy. Still, there was only one reference to the event that seemed to torpedo his career just as it was getting big: his allegedly dropping a homophobic remark in reference to his "Grey's Anatomy" co-star T.R. Knight. He was whisked off the show and, after his next TV gig, "Bionic Woman," met a swift end, he all but disappeared. "Blue Caprice" is his al-



Isaiah Washington is back on screens in "Blue Caprice." / GETTY IMAGES

leged comeback, if a tiny one. It was made independently, with no studio money, by French director Alexandre Moors. It is not even specifically about the attacks, which don't even start till 20 minutes are left. "We did not want it to feel like a biopic," Washington

says. "The character is actually not named John Allen Muhammad" — the ring-leader of the shootings, played by Washington — "but just John Allen. He wanted to blur the lines."

The events covered are more than 10 years old, but it was made to speak



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Real life**The 2002 attacks**

As for the events portrayed in the film, Washington remembers

them more as part of a larger set of tragedies. "It was one year and a month after 9/11. We were still raw," he remembers. He had just lost his mother

and a friend. "I thought it was the apocalypse. The terrorists are here, right in the backyard of the president of the United States. And they can't find him?"

to our own times. "Being French, [Moors] couldn't understand how America couldn't get a handle on its violence, being the greatest country in the world," Washington says. "It was a metaphor for how violence is addictive to many Americans, and how easy it is to get firearms. You just go to a sporting goods store and for less than \$200 they can be yours. If you make a plan to hurt someone, no one's going to stop you.

"Not everyone's as strong as you and I. I have my issues. I've been abused, I've been accused. The last six years people

have said I have an awful axe to grind," he says, then refers to his "Grey's Anatomy" debacle. "But you haven't heard from me."

Washington has actually spent much of the last seven years abroad. After discovering he has genetic links to family in the Sierra Leone, he started making trips. He has been the chief of a small village since 2006, and has been involved in numerous humanitarian crises. He's been at work producing a documentary called "Africans Versus African Americans," about the disconnect between the con-

tinents' populaces. It's one of a handful of projects on the docket, including being a cast member on the sci-fi show "The 100" and — in a rather obvious bid to atone for past deeds — the indie "Blackbird," in which he plays the loving father of a gay son.

Though "Blue Caprice" was one of his big return films, his director wouldn't let him go hog wild to make up for lost time. "His thing was 'no acting' — that less than less is more," he recalls. "He didn't want me to do anything. He just wanted me to be as normal and matter-of-fact as possible. That was extremely difficult as an actor: to do nothing and yet speak volumes."

MATT PRIGGE
matt.prigge@metro.us

Quoted
"His thing was 'no acting' — that less than less is more. ... That was extremely difficult as an actor: to do nothing and yet speak volumes." Washington, on "Blue Caprice" director Alexandre Moors

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NICHOLAS SPARKS

Read it and weep: Nicholas Sparks had to get inside the minds of an elderly man and a college student for his new novel.

CHARACTERS TAKE THE 'LONGEST RIDE' YET

NINA SUBIN

Nicholas Sparks adds double the love stories in his latest novel, "The Longest Ride," which weaves back and forth between two different couples. Characters we meet include Ira, a 91-year-old man stranded after a car crash and thinking back on his decades-long marriage, and Sophia, an East Coast gal who meets Luke, a bull rider, on a fluke night out. Sparks, known for romances that readers devour and often become movies (most recently "Safe Haven"), spoke to us about getting into the minds of both an elderly man and college student and keeping the romance alive at home.

If you go
Nicholas Sparks

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happened, did I read that right?"

Was anything different about writing this, than your other novels?

The way I wrote it was different. Basically what I did was, I wrote Ira and Ruth's story up to the point where Ira's story intersects with Luke and Sophia's. Then I literally set Ira aside, on my desk by my computer. Then I wrote Luke and Sophia's story. Then I wrote all the way through to the end. ... Then it took three hours to drop all those sections into the appropriate place.

What kind of research
Quoted

"I did not ride any bulls, but I've watched a lot of YouTube videos."

Sparks, on researching for his latest novel, "The Longest Ride"

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do you do for your books? Do you ever feel you need to explore what your characters do — in this case, that would be riding bulls or being trapped in a car?

I did not ride any bulls, but I've watched a lot of YouTube videos. My kids like [watching] the bull riding, my wife and I enjoy it. Certainly I did a lot of research, reading into bullriding in general. I have a brother-in-law who lives on a ranch, and so much of the information about the ranch, including the size of the ranch and how they spend their days, is really drawn from his specific experience. The 4H, that's my nephew's experience, the horse named Horse, that's my brother-in-law. I asked

the same questions as Sophia, "What do you mean you have to roll the pumpkins?" These are literally drawn straight from my conversations.

What's something you haven't been able to experiment with yet? A setting, or a genre or a character?

I'm really fortunate in that the genre I work in allows me to really experiment with a lot of elements from other genres. In "Safe Haven," I was able to add a thriller element. In "The Notebook," I was able to add nostalgia. In "The Longest Ride," I'm able to add an epic element.

TV watch list

COMEDY

'Dads'

This new sitcom about dudes whose pops cramp their style stars Giovanni Ribisi (likely going to waste) and Seth Green (great behind the scenes in shows like "Robot Chicken," but not always in front of the camera). Early response calls it "offensive," which is the only reason we'll be tuning in.

SERIES PREMIERE, 8 P.M., FOX

COMEDY

'New Girl'

Initially, Zooey Deschanel's manically quirky portrayal of Jess was almost too much to bear. But she's since toned down the wackiness. And there's no denying the comic tour de force that is Schmidt. **SEASON PREMIERE, 9 P.M., FOX**

ALEXANDRA CAVALLO

High Expectations

Last question for you. You write such romantic books. Is there a high expectation of flowers and romantic dates in the Sparks household?

There is. I do get my wife flowers, I send her cards. I just got her perfume for no reason, put it on her pillow with a card. I do my best. She's a great lady, and she deserves a little bit of romance.

ALISON BOWEN
letters@metro.us

BIOGRAPHY & AUTOBIOGRAPHY / Historical

1930s- HOLLYWOOD THE GOOD, THE BAD AND THE UGLY VOL. 1 FRANK N. BRATHWAITE



INFORMATIVE, SHOCKING, AND AMUSING

30s Hollywood has been covered in great details over the decades. In spite of this, *1930s-hollywood the Good, The Bad And The Ugly Vol. 1* provides a concentrated review of what made the decade stand out as a winner. Vol. 1 focuses on Tinseltown's highs and lows throughout a turbulent period in America's history. On the backdrop that was the Great Depression, Hollywood was able to deliver the goods to a society that had just

about given up. The "movies" were the only form of cheap entertainment that provided escapism for the millions of distressed and temporarily displaced people across the country. The volume also delves into the lives of two charismatic individuals whose talents, smarts and overall appeal changed the history of the cinema forever. Plus the book compatibly covers a topic that remains as omnipresent as it was back then, Gossip! Inside, readers will get a quick case study on the origins of the "fans magazine" and how it evolved into the conglomerate of entertainment based publications, via online media outlets that we all are fortunate to have with us today. In modern times, many are still interested in showbiz and celebrities. It's the reason Hollywood is a billion dollar industry. Nonetheless, fascination with celebs began long ago during Hollywood's silent days. Vols. 2 and 3 completes the trilogy. Demand will bring these volumes to the marketplace expediently in the near future.

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Between 2007 and 2010, Gen Xers lost nearly half their wealth—an average of \$33,000 per household — according to a recent study from Pew Charitable Trusts.

Ouch.
Luckily, it's not

too late to turn things around. Let's get started.

1 Don't think about saving. You may not be broke, but living in a major U.S. city will stretch most paychecks. So don't focus on spending less right now, but saving first.

The best way to do that? Make it automatic. Behavioral finance research shows that if you set up a regular, automatic transfer to your savings or retirement account — or have your employer do it for you — you'll be amazed at how quickly your savings will add up.

Glad you're nodding! Now do something. Set a reminder on your calendar or phone (research shows these alerts help, too).



You're going to need a bit of a better retirement strategy than this.
MONKEY BUSINESS

2 Be smart about where you save. If you have a 401(k) or something similar, start saving here, no matter what. Save as much as you can, especially if your employer offers a match.

If you don't have access to a 401(k) — many people don't — you can open an individual retirement account, or IRA. Just be sure to go with a low-cost company, and be wary of cash incentives to open an account — which might mask other hidden fees.

Generally, if you meet

the minimum balance requirement (and some companies waive that if you make automatic deposits), your IRA should cost no more than 1 percent of your total savings per year.

3 Take the long view. If investing your hard-earned money into stocks, bonds and mutual or index funds sounds scary, that's a natural fear. Here's what you need to look for: Low fees, index funds (which are also typically low-cost), and no "get-rich-



Jon Stein is the founder and CEO of Betterment. / PROVIDED

quick" promises. Above all, don't let uncertainty stop you from moving forward. While we offer an easy way to get started investing at Betterment, take a look around and see what other companies offer. When it comes to your money, time is the most important investment you can make.

JON STEIN



As you 'like' it. How to invest in the social media age

By now, we all know what social media is best for: Instagram shots of your delicious brunch, videos of cute kittens and a twerking Miley Cyrus.

But could your Facebook and Twitter streams also be a rich mine of potential stock ideas?

The folks at LikeFolio.com think so. The service, which launched in August, scans your social media feeds for the top five stocks that you and your buddies are talking about and spits out a hypothetical portfolio.

The service is free, but for it to work, you have to grant access to your Facebook and Twitter accounts, which might give some privacy activists a stroke.

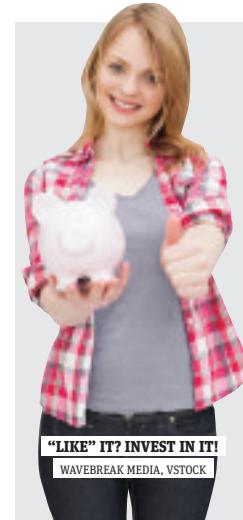
"It's all about allowing people to use social media to extract greater value out of that dialogue," says Nicole Sherrod, managing director of TD Ameritrade's trader group. "It's like

the old Warren Buffett concept: Invest in what you know."

A fun idea, that there might be some real wisdom in the torrent of tweets out there. But that notion alone is enough to give some personal finance experts the willies. "I find it terrifying, to be honest," says Cliff Robb, an associate professor of personal financial planning at Kansas State University.

Intrigued by the idea, Reuters writer Chris Taylor tells Metro that he plugged his own information into LikeFolio. The top five stocks chosen: Facebook Inc., Apple Inc., Google Inc., Yahoo Inc. and LinkedIn Corp.

The good news: \$10,000 invested in those stocks would have turned into \$16,261 in a single year, garnering 62.6 percent annual returns over the past 12 months. **REUTERS**



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LikeFolio

Check out the Biebs' portfolio

LikeFolio allows you to compare your own top stocks against those mentioned in celebrity social media feeds, with the minds of 162 top celebrities probed for their musings on companies.

The top five results: Nike, Google, Apple, Facebook and Viacom, with a \$10,000 investment up \$3,887 in a year.

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\$0 joining fee. Other fees apply. No cash value. Offer good through 9.18.13.

London Fashion Week

SUNDAY

12 p.m. Mulberry

It's a melee outside Claridge's hotel, as the paparazzi, street-style photographers and editors all clamor toward the entrance of the Mulberry show to witness creative director Emma Hill's last hurrah for the label. Once inside, the ballroom itself is equally frenetic, but the British garden tea party theme (cakes and all!) makes it palatable. The whole scene is grandiose, from the celeb attendees — such as "It" girl Alexa Chung and Anna Wintour — to the flower-framed catwalk. A quintessentially English theme runs through the '60s-inspired collection, with Cara Delevingne opening in an oversized floral jacquard.



CHRISTOPHER KANE
GETTY IMAGES

coat and shorts. Breeziness continues with wide-leg cropped trousers, shifts and striped knee and ankle-length skirts in nude, florals and blues.

RICHARD PECKETT

3:10 p.m. Topshop Unique preshow

Kate Moss just took her front-row seat next to Topshop owner Philip Green and Wintour, effectively reducing the editor sitting next to me to an aggressive paparazzo. "Are you Instagramming this?" she asks her assistant, sitting behind us. But that looks unlikely, as the trifecta is already shielded by a wall of DSLRs, iPhones and Samsungs. KENYA HUNT

3:20 p.m. Topshop Unique

Between all the leggy skirts and back-revealing dresses I've seen so far, it's hard to tell which body part will get the most play come spring.

Both ideas feature prominently in the Topshop show — from the opening look (a cute forest green jacket, graphic blouse and matching flouncy mini) to all the backless slip dresses that pepper the show. There's a relaxed airiness to the clothes that make them much better suited for days in the park (a point driven home by the grassy runway) than eight hours in the office. But the simple, low-maintenance shapes are deceptive: Those baggy trousers casually hang low in a way that demands a jutting hip bone to keep them up, while the tiniest of spaghetti straps bare their jobs in keeping the models' breasts covered. I'm not sure how anyone who doesn't come in model size can pull off these looks. The graphic shirt-dresses and jumpsuits, however, look much easier for the average Topshop consumer to wear. KH

8:30 p.m. Jonathan Saunders

Jonathan Saunders' set at the Tate Britain is a one-finger salute to unvarying tradition, with giant light orbs overhanging the runway, which leads to a psychedelic sunset screen. We're in the summer of love, as seen through Saunders' eyes. It's a laid-back vibe: His girls are too tripped out to care about formality, flaunting slouchy satin shorts, track pants, Western-inspired shirts and bomber jackets teamed with circular "Natural Born Killers"-style sunglasses. Dressier pieces include flower prints bursting out like a potent LSD hit onto organza shirts and spaghetti-style mini-dresses. It's euphoria for buyers and editors alike. RP

MONDAY

10:45 a.m. Christopher Kane

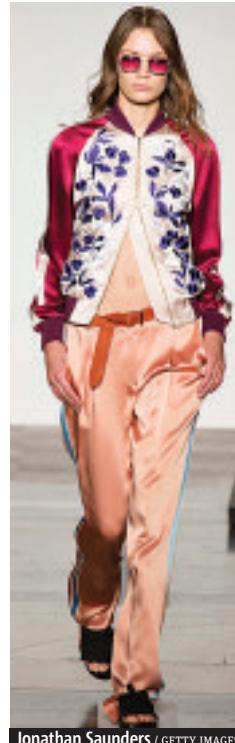
About an hour before Christopher Kane's show, I received a press release announcing that he'll be opening his first store in London next year. That's no doubt due to a significant investment he received from the luxury conglomerate Kering earlier this month. And tellingly, this collection reveals a new sense of maturity, commercialism and polish. As I watch the show unfold, I can see the merchandising at play. But impressively, Kane doesn't sacrifice the creativity that has made his show one of the week's biggest tickets. Note the way he balances the wearability of a beautifully tailored black suit with the directional quality of those plastic, futuristic appliqués decorating both. Other pieces are a bit more visionary, such as a series of futuristic dresses and skirt suits that look like they've been sprayed with metallic color. They are as memorable to this collection as his neon laser-cut lace, graphic camouflage and leather crochet moments from seasons past. KH



Topshop Unique / GETTY IMAGES



Mulberry / GETTY IMAGES



Jonathan Saunders / GETTY IMAGES

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You might not expect it, but Denver is widely praised for its Oktoberfest. / PROVIDED



Leavenworth is a real, live Bavarian village. / PROVIDED



Prost! Oktoberfest is here

Festivals. Break out the lederhosen; it's time for copious amounts of beer.

What started out as a celebration to mark the marriage of two Bavarian royals in 1810 has turned into a global annual kegger. The mother of all Oktoberfests is a 16-day, beer-fueled party in Munich, Germany, that has spawned countless imitations. Here are a few in America that will be worth your time and sobriety.

Oh my! George Takei!

Oktoberfest Cincinnati Cincinnati, OH Sept. 20-22

The country's largest Oktoberfest celebration draws a crowd of more than 500,000 (consuming 1.6 million ounces of beer), and it's no surprise why. Cincinnati's German community has been a prominent presence since the 1800s. The party takes up six blocks and is free. But perhaps the biggest draw this year will be the World's Largest Chicken Dance, hosted and led by

"Star Trek" and Internet legend George Takei.

The Napa Valley of beer

Oktoberfest Denver Denver, Colo. Sept. 27-29, Oct. 4-6

Though it doesn't have strong German roots, it's no surprise that the Mile High City boasts what USA Today and Maxim magazine have touted as "The Best Oktoberfest" in the United States. Denver appears to be vying for the title of America's Beer Capital with its respected

breweries, brewpubs and the largest beer festival in the country. Oktoberfest Denver will offer the requisite "Food, Bier, Music and Stein Hoisting" at its fest. In addition, David Hasselhoff loyalists will be pleased to hear that the 5K run, Das Hustlehoff, will pay tribute to The Hoff, and each runner will receive a free Das Hustlehoff shirt.

Munich, USA

If you are longing for an Oktoberfest experience closer to the real thing,

Leavenworth Oktoberfest Leavenworth, Wash. Oct. 4-5, 11-12, 18-19

Once the headquarters for the Great Northern Railway, the city of Leavenworth found itself struggling after the railroad relocated early in the 1900s. In 1962, a committee was formed, its sole task to revitalize the city's economy — by turning Leavenworth into a replica of a Bavarian village.

Helen, Ga. Sept. 19-Oct. 27

Helen is a former logging town that underwent a similarly Bavarian transformation. Once there, you can also take in the late-October fall foliage.

Frankenmuth Oktoberfest Frankenmuth, Mich. Sept. 19-22

Although Michigan is synonymous with American beer, Frankenmuth, Michigan's Little Bavaria, promotes its German heritage and boasts the first Oktoberfest outside of Munich to be officially sanctioned by the mayor of Munich, so you know this one has to be good.

For the procrastinators

Tulsa Oktoberfest Tulsa, Okla. Oct. 17-20

The Munich Oktoberfest ends the first weekend in October, and in case you have too much on your plate to participate in a timely manner, there are a number of celebrations that are planning to oompah-pah well into the end of October. Tulsa Oktoberfest is one of the most popular celebrations around the country, and for good reason — namely, keg-rolling contests. But this year's celebration has already been hit with controversy before the first pitcher has even been poured: This year, they're doing away with the 64-ounce pitchers and replacing them with 34-ounce souvenir steins. Many are crying foul at the downsize, but will probably just end up drowning their tears in steins full of beer.

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In the Northeast

Vermont

Vermont has the highest number of breweries and pubs per capita, with labels like Magic Hat calling the Green Mountain State home. Visit VermontVacation.com to book one of six Oktoberfest-themed

Beer Lovers Getaways, which include brewery tours, tastings and other ale fun. We'd recommend booking a ticket on the Green Mountain Railroad's Fall Beer & Wine Tasting Train, which takes you on a scenic route of your surroundings.



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Julia Cameron says we need to stop thinking about kids in terms of the future so much and "start thinking about what makes them happy now." / CREATAS RF

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Help your kids cultivate creativity

Thinking outside the box. "The Artist's Way" isn't just for adults anymore.

Author Julia Cameron says creativity is just as much a part of us as blood and bones. She describes the skill as a part of our spiritual DNA: a part that children need to develop to be fully rounded individuals.

Cameron wrote "The Artist's Way for Parents" 20 years after she penned "The Artist's Way," as a way to help her own daughter, who recently had her first child, and other parents who wish to put their children on a creative path.

"Creativity is living our life to the fullest," she explains. "It is expanding our selves in the direction of our gifts. When we do that, we get a sense of happiness and satisfaction."

As a parent, it can be hard to find one's place in a child's creative processes and to figure out in what direction to send that child. But according to Cameron, it's not

**Strategize, explore
and reflect**

Here are three tips:

- With your child, keep a journal where you "vent, muse, strategize and dream. They siphon off negativity as they provoke, clarify, comfort, cajole, prioritize and synchronize the day at hand," she writes in the book.
- Go on a once-weekly creative expedition with your child. It doesn't have to be a big trip, but it should be inspirational.
- Together, highlight your favorite moments of the day as a bedtime ritual. "[It forges] happy memories," Cameron notes.

about creating a mini Picasso or Jimi Hendrix.

"Children are naturally creative, and their gifts can be anything," she says. "We need to stop thinking in terms of the future and start thinking about what makes them happy now. When we do that, we can help them become more confident in their creativity."

Quoted

"Children are naturally creative, and their gifts can be anything. We need to stop thinking in terms of the future and start thinking about what makes them happy now. When we do that, we can help them become more confident in their creativity."

Cameron

their creativity."

But how can we do that? And what if you wouldn't even categorize yourself as much of a creative person? In her book, Cameron takes the reader through the art of creative cultivation, step by step.

"The book is about ways we become more creative so we can help our children to become more creative. Just go for it and try," she says.

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Business can teach you how to be a better parent

Who's the boss?

"Chief Daddy Officer" Christos Efessiou has learned how the two worlds mesh.

Christos Efessiou didn't know much about parenting when his daughter Persephone was born. But he knew business.

In his new book, "CDO Chief Daddy Officer: The Business of Fatherhood," Efessiou teaches that parenting can directly parallel with the business world. He gave us tips on how to successfully apply a business-minded approach to parenting.

Lead by example

"The most important thing is that parents need to be

Emotional vs. physical

Being a present parent

Can parents have it all? "Absolutely," answers Efessiou, "but not in the same moment."

Even as a CEO traveling all around the country, Efessiou believes you can still be a present parent.

"Parents can be furthest from their children sitting at the same couch watching TV — they're

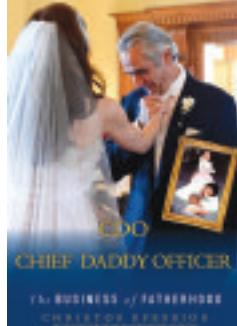
worls apart," he notes. "Then there are other parents that travel all the time, and they're as close to their children as a heartbeat away.

"The parenting of a child is as much emotional as it is physical," says the author. "The child knows you love them as long as they feel you loving them — whether you are in the same house or the other end of the world."

mentors to their children, and they need to actually lead by example," says Efessiou. "That means you cannot say to your child, 'Do as I say, not as I do.'"

Proactive parenting

"In business, we don't start a business without a plan," he says. "We plan the elements of the business. So in parenting you have to make the conscious decision to decide what kind of parent you want to be and what it is that you're willing to sacrifice."



No parent BFFs

"You cannot be your child's buddy," Efessiou says. "You need to be able to assert yourself in days of turmoil and days that your authority needs to be exercised. If you are friends with your employees, they will not respect you."

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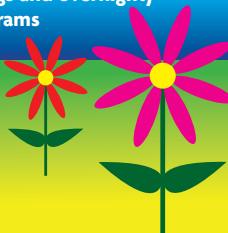
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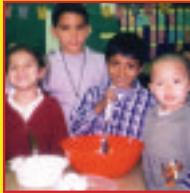


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Horoscope

11 Virgo | Aug. 23-Sept. 22.
You can talk your way into a deal that will help you prosper. Show how dedicated you.

5 Libra | Sept. 23-Oct. 22.
Move forward with caution. Whether you are dealing with a friend, lover or colleague, you have to listen carefully.

11 Scorpio | Oct. 23-Nov. 21.
Enjoy whatever comes your way today. Look for groups or interests that can offer you something emotionally, domestically or educationally. Opportunity will knock.

7 Sagittarius | Nov. 22-Dec. 21.
An idea you have or a service you can offer will lead to a potentially valuable contact. Be prepared for unexpected yet valuable surprises.

10 Capricorn | Dec. 22-Jan. 20.
Don't give up when things start to get difficult. Perseverance will set you apart. Be open to ideas.

3 Aquarius | Jan. 21-Feb. 18.
Take a cautious financial attitude today. Stick to a budget and refuse to believe someone offering the impossible. Protect your assets and reputation.

12 Pisces | Feb. 19-March 20.
Demonstrate what you can do. Your clever plans and talents will interest someone looking to get involved in a new project.

1 Aries | March 21-April 19.
Don't be afraid to take charge of a situation that has left others stymied. Follow through on your commitments. Don't overreact or overindulge.

2 Taurus | April 21-May 21.
Shifting conditions will worry others, but keep an open mind. Not everyone will be happy, but your judgment will be sound.

11 Gemini | May 22-June 20.
Don't turn down an opportunity to attend a social function that could lead to networking. Your ideas to improve efficiency will lead to an enhanced reputation.

12 Cancer | June 21-July 22.
What you learn attending an event will lead to conflicts with your past and conquests in your future.

1 Leo | July 23-Aug. 22.
Distance yourself from a personal situation and focus on the positive changes that can be made on your own with little fuss.

BERNICE BEDE OSOL

Letters**GMO**
business is
booming,
and so are
our fears

GMOs are a-maize-ing purveyors of nightmares

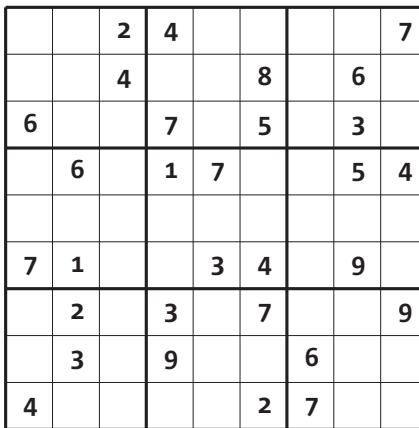
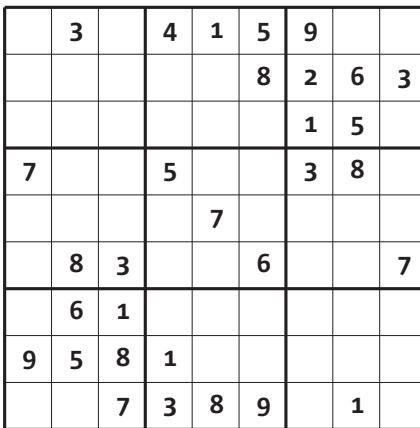
Re: 'Take a kinder look at good ol' GMOs'
(Metro, Sept. 16) Letter writers Matt Brosnan and Kelton Barnsley, reiterating the simplistic view of genetically engineered organisms put out by Monsanto could/should experience firsthand, like I have, the violence attributed to making GMO foods. GMO foods are made by inserting one gene with a needle into another gene. After eating non-GMO foods for a very long time, because I thought they were dangerous, I accidentally ate some GMO corn and experienced a horrific nightmare of needles being shot into my body. Never again will I knowingly eat ANY GMOs.

I also believe the future of feeding 8 billion people resides in the science of genetic modifications. My fear is in the "business" of biotech patents and not the production of crops. Monsanto's genetically modified corn seed is proprietary merchandise controlling almost 90 percent of all corn crops grown in this country.

Farmers aren't allowed to regrow previously harvested seeds, but are forced to buy new GM seeds every year! This system of legalized agricultural racketeering will be more harmful than any GMO ever created.

DAVID SNIEKUS, VIA EMAIL

letters@metro.us
Keep them as brief as possible, preferably under 100 words. Metro reserves the right to edit all letters. Please include your name and contact info.

Sudoku: Easy and hard

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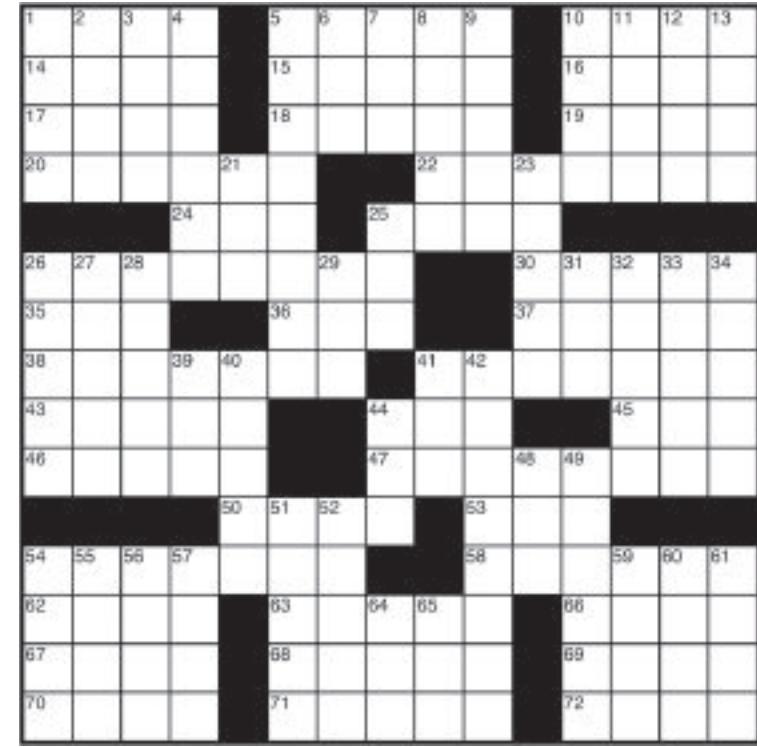
Crossword**Across**

- 1 Flamingo, e.g.
- 5 Demolish
- 10 Fish lander
- 14 Essay byline
- 15 Pimiento holder
- 16 Huron neighbor
- 17 Uris or Spinks
- 18 Italian seaport
- 19 Almond and ercu
- 20 Mentally sharp
- 22 Occupy
- 24 Plant sci.
- 25 Dept. store inventory
- 26 To a degree
- 30 Rides the rapids
- 35 Crack pilot
- 36 Pause fillers
- 37 Ms. Winfrey
- 38 Prosperity
- 41 Daydream
- 43 Spud
- 44 Aurora, to Plato
- 45 Versatile vehicle
- 46 Beginning
- 47 Flute relative
- 50 Guzzle
- 53 U2 producer
- 54 Having deep pockets
- 58 Interstellar cloud
- 62 Liverpool poky
- 63 Not silently
- 66 Swindle

- 67 Electrical units
- 68 Doggerel
- 69 Gymnast -- Korbut
- 70 Albacore
- 71 Screwed things up
- 72 Humorous Ogden

Down

- 1 Mr. Lugosi
- 2 Seine aits
- 3 Barrel of laughs
- 4 River in a waltz
- 5 Side by side
- 6 Fiesta shout
- 7 Sardine holder
- 8 Eschew
- 9 Props
- 10 "-- grip!"
- 11 Emir or sheik
- 12 Foreign film ender
- 13 Gala
- 21 Tug's chore
- 23 Egret cousin
- 25 Natural elevs.
- 26 Dealt with (2 wds.)
- 27 Shark domain
- 28 Turns to liquid
- 29 "How -- things?"
- 31 Unusually bright
- 32 Hoax
- 33 Likes and dislikes
- 34 More bashful

Yesterday's answer

Fit Education Into Your Life With an Online Graduate Certificate Program

Are you thinking about graduate school but wonder if you have the time? Do you need to get specialized knowledge at an advanced level for your job? Do you want to start doing some graduate work now, so that you will later be able to enroll in a full degree program?

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Working adults pressed for time and in need of a short, focused program can now earn an online certificate from SUNY Empire State College at a time that best suits their schedule. Graduate certificates are ideal for the busy professional looking for career retooling in a rapidly changing work environment, for professional development or just for personal interest. The Veterans Services certificate is one of the first of its kind in the nation. This certificate provides professionals with the skills and knowledge they need to support veterans as they transition to civilian life.

These certificate programs may be of interest to health care administrators, human resources managers, directors of nonprofit organizations, public historians, as well as veterans' services and public sector administrators. There is also a more general certificate in project management that can apply across a variety of professional fields.

The graduate certificates may be used as a stepping-stone into one of the college's master's degree programs, provided students meet other admission requirements. All of the graduate programs are delivered online with some requiring attendance at occasional weekend residencies.

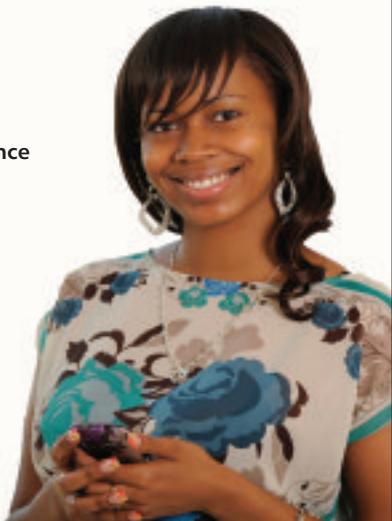
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"On a big campus, you can lose yourself and fall behind in your studies. This time, I wanted to try to attend a smaller college and compare my experiences." Now, thanks to her degree from Plaza College, Ms. Woo is finally fulfilling her dreams of working in a valuable role within the healthcare industry.

"I have applied everything I learned at Plaza College to my current position. The skills I acquired in billing and coding, medical terminology, virtual labs, and insurance reimbursement have helped me excel to no end. Plaza College prepared me, and I was able to jump into my position and not be afraid of anything." In addition to thriving in her job, Ms. Woo will be returning to Plaza College in January 2014 to obtain her BBA in Patient Information Management.

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- The daily responsibilities of a Health Information Technologist include organizing and maintaining paper and electronic health records; ensuring the quality, accuracy, and confidentiality of vital medical documentation; and utilizing various classification systems to code health records for reimbursement processes.

- Professionals in this field are prepared to work anywhere health information is collected. This includes, but is not limited to, hospitals, physician practices, nursing homes, pharmaceutical companies, government and research agencies, and legal firms.

¹ <http://www.bls.gov/ooh/Healthcare/Medical-records-and-health-information-technicians.htm>
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- Must be at least 18 years old

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To succeed in the paralegal profession, join BMCC's Paralegal Studies (Certificate) Program in our Continuing Education department.

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4/8/2014 - 8/5/2014

9/9/2014 - 1/27/2014

\$2,800/34 Sessions

Additional dates will be added call (212) 346-8426 for more information

Requirements:

Applicants must meet the minimum requirements:

- High School Diploma / GED or Higher
- TABE (Reading) Test
- Must be at least 18 years old

**Number of weeks to launch your Paralegal Career.*

17

Contact: Annett Sealy
(212) 346 - 8426
ASealy@bmcc.cuny.edu

Division of Continuing Education & Workforce Development

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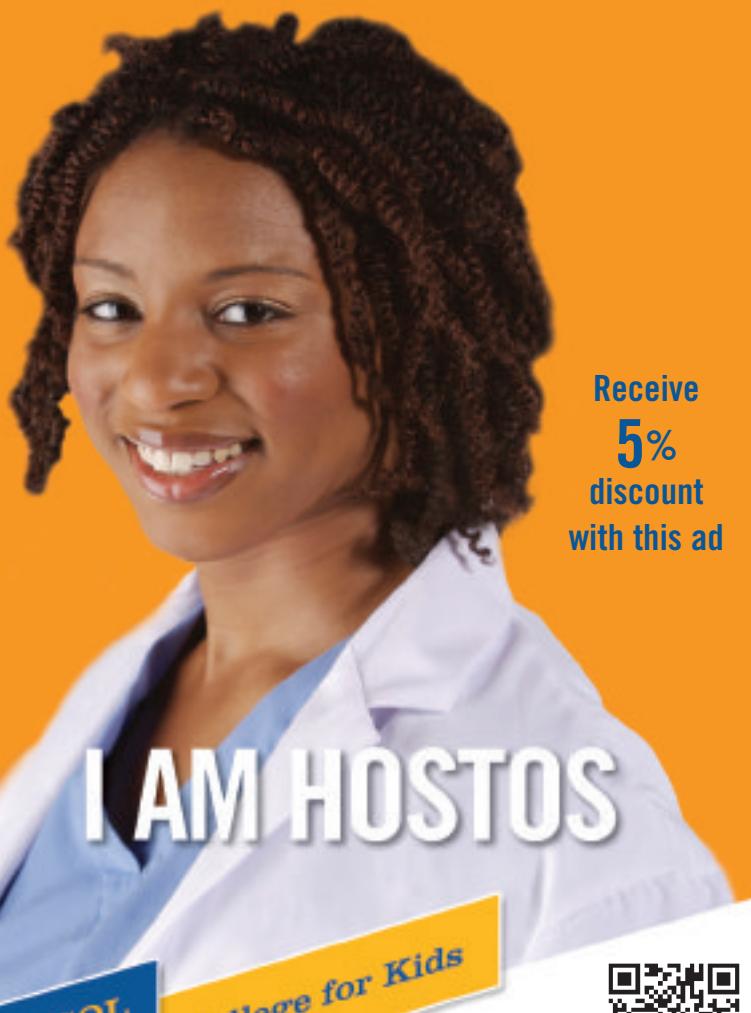
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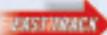


This course covers: the history of dentistry, dental assisting, and introduction to the dental office. Clinical aspects of dentistry are also covered: introduction to oral anatomy, dental operatory, dental equipment, how to take x-rays, introduction to tooth structure, primary and permanent teeth, the oral cavity and related structures, proper patient positioning, dental hand-pieces and sterilization.

In addition to entry-level employment, this course is ideal for students interested in pursuing a Dental Hygienist program and career. Students that pass with at least 85% can be assigned a 1–3 month internship..

Dental Assistant Program	M,	9/30-1/22/14	6pm-9pm	\$1,299
Dental Assistant Program	M-Th	10/21-11/21/13	9am-1pm	\$1,299

(Tuition includes all Textbooks, Lab Materials and Insurance)



Dialysis Technician (50 hrs)

This 50-hour program provides students with the knowledge and skills needed to perform the duties required of a Dialysis Technician. These duties include: operating a kidney dialysis machine, preparing dialyzer reprocessing and delivery systems as well as maintaining and repairing equipment. Furthermore, technicians work with patients during dialysis procedures and monitor and record vital signs as well as administer local anesthetics and drugs as needed. Additionally, they may also be involved in the training of patients for at-home dialysis treatment.

Dialysis Technician	T, Th	10/1-11/26/13	6pm-9pm	\$999
Dialysis Technician	Sat	10/5-12/14/13	1pm-6pm	\$999



Certified Nursing Assistant Program (130 hrs)



Our program is a NYS Dept of Health approved training program for individuals seeking employment as nursing assistants in the medical field. Duties: patient care, taking vital signs, catheter care, assisting with ambulation, range of motion exercises, and moving patients to bed and from bed to wheelchair. The course content, 130 hours, include: Anatomy and Physiology (50 hrs), Fundamentals of Patient Care (50 hrs) and Nursing Home Clinical Rotation (30 hours). Upon completion, students will be eligible to take the NYS Certification Exam. Prerequisites: NYS test fee has to be paid in class \$115.00. Proof of H.S./GED diploma required.

CNA	M-Th	9/30-12/16/13	6pm-9pm	\$995
CNA	M-Th	10/21-12/5/13	9am-2pm	\$995

Certified Phlebotomy Technician (80 hrs)

Learn the anatomy and physiology of the venous system as well as phlebotomy practices. Perform blood collection procedures including vacuum collection, syringes, butterfly needles, micro hematocrit collection and live venipuncture. Learn infection prevention and control, quality assurance, and specimen handling, labeling and transport. For this course students must submit health clearance form. **Prerequisite: CNA, LPN or coordinator permission.**



Phlebotomy Technician	M-Th	9/30-11/14/13	6pm-9pm	\$849
Phlebotomy Technician	M-Th	11/11-12/17/13	10am-2pm	\$849

Pharmacy Technician Training Certificate Program (100 hrs)



The Pharmacy Technician Training Certificate Program comprises of three (3) courses that can be taken individually or together in order to receive a Pharmacy Technician Certificate. Course content includes: pharmacy medical terminology, the history of pharmacy, the pharmacy practice in multiple environments, pharmacy calculations and measurements, reading and interpreting prescriptions and defining drugs by generic and brand names. Through classroom lecture and hands on labs, students will review dosage calculations, drug classifications, the "top 200 drugs", I.V. flow rates, sterile compounding, dose conversions, aseptic technique, the handling of sterile products, total parenteral nutrition (TPN), dispensing of prescriptions, inventory control and billing and reimbursement. Students that pass with at least 85% can be assigned a 1–3 month internship.

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General Pharm. Practice/Lab (40hrs)	M-Fri	11/18-12/4/13	9am-1pm	\$799
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private colleges will lay out a staggering \$15,500 to \$25,000 a semester.

In a recent year, over 21,000 BMCC students received more than \$102 million in assistance from at least one federal, state or municipal financial aid program, and BMCC provided scholarships for close to \$700,000—more awarded than by any other CUNY college.

We also disbursed almost \$70 million in Pell grants in a recent year, and BMCC ranks in the top 20 colleges—out of 5,000 schools, nationwide—in Pell grant disbursement.

Degrees that set careers in motion

Many BMCC graduates are on track to transfer into designated bachelor's degree programs at CUNY and other 4-year colleges.

These include our Criminal Justice, Biotechnology, Forensic Accounting, Health Information Technology, Communication Studies, Bilingual Education, and Mathematics and Science for Secondary Education majors.

Likewise, BMCC graduates in Engineering, Science, Mathematics, English, Theatre, Computer Information Systems, Business Management, Media Arts and

Technology, Human Services, Allied Health and Nursing are well prepared for the third year of a 4-year degree program.

In fact, the BMCC value continues, if you transfer to a CUNY 4-year college, where tuition is only about \$5,000 a year at this time—dramatically less than private college tuition.

We highly value the success of every BMCC student. We want you to gain knowledge and degrees, not debt and uncertainty. Start here, and go anywhere your ambition takes you.

3

SPORTS

Still waiting

Harvey visits doctor

Mets ace Matt Harvey visited renowned surgeon Dr. James Andrews yesterday for a second opinion on the partially torn UCL in his right elbow. The team said they will have a further update on a decision to have surgery today.

www.metro.us
Tuesday, September 17, 2013

SPORTS 36

Help on defense



Coples led the Jets in sacks last season with 5 1/2. He has yet to play this season after a preseason injury. / GETTY IMAGES

Coples back at practice, Wilkerson OK

A defense that held the league's top total offense from a season ago to just 13 points last Thursday night is likely to get a boost this week with the returns of Quinton Coples and Muhammad Wilkerson

Coples dressed for practice yesterday, signaling an imminent return to the playing field following an ankle injury suffered in the second preseason game. Coples has not played

or practiced since the injury.

"He just had surgery three weeks ago but I know he's been doing an unbelievable job in his rehab," head coach Rex Ryan said. "That'd be something if we could get him, but I'm not sure how possible that is. But we'll see."

Wilkerson wouldn't commit to playing, but said, "I should be fine." He said he felt the normal soreness.

"Just a sprain, stepped on somebody's foot and rode it," Wilkerson said. "That's about it." KRISTIAN DYER

Giants picking up pieces after stunning start

NFL. Tom Coughlin relayed a positive message to his team after they dropped to 0-2.

Giants head coach Tom Coughlin wasn't available to the media yesterday, but his players were, as they were left to deal with even more questions regarding their sloppy loss to the Broncos and 0-2 start.

"Well, we can only get better," Eli Manning said. "I'm not going to lay down, that's for sure. I have to point out to myself to not force things if I don't have to, but I'm going to compete."

Coughlin was not around for the media,



Eli Manning leads the NFL with nine interceptions this season. / GETTY IMAGES

as he was attending to a family emergency. But he was with the team earlier in the day and his players were happy to forward the coach's message.

"I think we're a team that's right on the brink,

right on the cusp of having a big game, a statement game and taking it from there," Cruz said.

TONY WILLIAMS
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Back on the horse

The Giants are well-versed in dealing with adversity and, to a man, know all it takes is a big game at Carolina next Sunday to change opinions.

• "The record shows 0-2,

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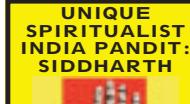
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